



NEWS LETTER

THE IMPORTANCE OF CONTINUING YOUR PHYSICAL THERAPY SESSIONS, EVEN IN THE SUMMER MONTHS

INSIDE:

- Physical Therapy Is Still Essential, No Matter The Time Of Year
- Patient Success Spotlight
- Exercise Essentials
- Healthy Recipe



NEWS LETTER

BENEFIT FROM PHYSICAL THERAPY TREATMENT THIS SUMMER



With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At Ellis Physical Therapy, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact Ellis Physical Therapy today.

I'm having trouble finding time for physical therapy – what should I do? As the saying goes, "where there's a will, there's a way." If you are

looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health. Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

PHYSICAL THERAPY IS STILL ESSENTIAL, NO MATTER THE TIME OF YEAR

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!



Get started today. Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! Contact Ellis Physical Therapy today to schedule an appointment.

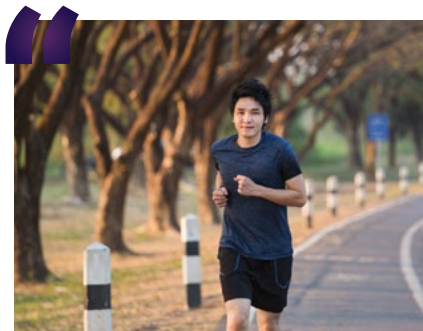
EXERCISE ESSENTIALS

Flexibility, strength, and stability are needed to keep you loose and pain-free...Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

HEEL RAISE

Stand while holding a chair as shown. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 10 times.

EXERCISES COPYRIGHT OF
SimpleSet Pro
WWW.SIMPLESET.NET



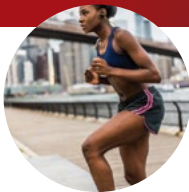
Patient Success Spotlight

"They always increase healing time!"

"They always increase healing time. This is my second time through—different part of the body of course. They strengthened and healed me." - **A.B.**

FASTER PROGRAM

FASTER stands for Fitness and Sports Training Enhanced Rehabilitation. The FASTER program is an innovative method to optimize performance by emphasizing correct biomechanics, core strengthening, and proper muscle recruitment patterns for higher speeds. Training begins with an evaluation to target biomechanical deficits and imbalances which can lead to power leaks. Once these are detected, personalized training programs are formulated to safely meet your individual needs.



The FASTER program focuses on optimizing the following characteristics:

- Correct biomechanics
- Core strengthening
- Proper muscle recruitment patterns

Why Choose Ellis PT's FASTER Program? The program is 18 sessions usually 9 weeks or 9 sessions 4-5 weeks. Please contact our office for different rate options. Most importantly, this program is safe. We use an unweighted system which not only allows you to train beyond normal limits but provides for a safe atmosphere. Our cutting edge rehabilitation allows for participation even when sustaining an injury. In fact our program allows you to regain or exceed pre-injury function. **For more information, contact Ellis PT at 208-523-8879 or contact us.**

HEALTHY RECIPE

GREEK PASTA SALAD



INGREDIENTS

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsps. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsps. dill, finely chopped
- 1/2 c. crumbled feta

INSTRUCTIONS:

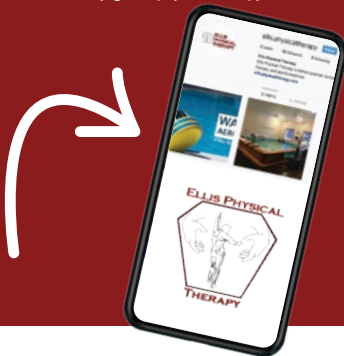
In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

FOLLOW US ON INSTAGRAM

Did you know our clinic has its own Instagram page? Follow our page for the clinic, @ellis.physicaltherapy, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat!

We love staying in touch and connected with our patients!
Follow us today @ellis.physicaltherapy.



Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

(208) 523-8879